

Perform the energy session

1

Take some quiet time and space to host your session remotely. Turn off all distractions. Light a candle and incense in the room if desired (optional).

2

Now choose the **position in which you feel comfortable**: lying down or sitting.

3

Accept to receive the energy of Catherine's session by uttering this phrase and intention.

*"I now accept and welcome the remote energy session given by Catherine on the XX day at YY time.
Thank you. Thank you. Thank you"*

4

Just relax and consciously listen and look to what's going on inside... without judging and without the need to analyze with the mind.

5

At the end of the session: Thank your guides and energies. Show respect and gratitude.

"I thank my guides and the energy for this session."

6

After each session, I invite you to write down your personal feelings. Also, keep an eye on what will happen in you and around you afterwards.

